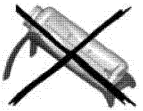
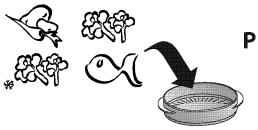
HOW TO USE THE STEAM

1. Press the Steam button.
2. Continue to press the Steam button to set the food class.
3. Press the +/- buttons (◔/⚖) to set the weight of the food.
4. Press the Start button.

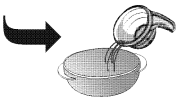
Use this function to cook fish and vegetables.
Always use the supplied Steamer when using this function.



Do not use with this function.

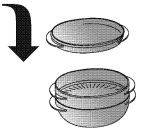


Place the food on the steam grid.



Add 100 ml (1dl) water in the bottom part of the steamer.

Use the supplied Dozer for measuring correct amount of water.



Cover with the lid.

	1. POTATOES / ROOT VEGETABLES (150 - 500 g)	Use even sizes. Cut the vetgetables into even pieces. Allow to stand for 1 - 2 minutes, after cooking
	2. VEGETABLES (cauliflower and broccoli) (150 - 500 g)	
	3. FROZEN VEGETABLES (150 - 500 g)	Allow to stand for 1 - 2 minutes.
	4. FISH FILETS (150 - 200 g)	Distribute fillets evenly on the steamgrid. Interlace thin parts. Allow to stand for 1 - 2 minutes, after cooking.

Your new microwave has an automatic **Steam function**, which combines two cooking functions:
- Cooking with microwaves
- Cooking with steam

The special Steam function can be used to cook vegetables and fish..

The **Steam function** works by first heating the water to boiling point and then reducing the power to simmer, thus cooking the food gently.

The **advantage** of combining microwaves with steam is that you will
- Save energy
- Save time
- Use less fat
- Preserve vitamins and minerals better
- Preserve the original appearance and colour of the food

The steamer comprises three parts:
- The bottom container, to which you add 100 ml of water for all programs and weights
- The strainer, which you place into the bottom container and on which you position the food
- The cover, which you place over the container and strainer

The Steam Function can be used to cook 4 different types of food:
- Potatoes and root vegetables like carrots and root celery
- Vegetables like cauliflower, broccoli and leek
- Frozen vegetables
- Fish fillets

For more details, like amounts of food and caring for the steamer, please refer to your Use & Care guide.

This booklet contains10 recipes all using the Steam program. Nutritional values for energy, protein, fat, carbohydrate and fibre are provided for all recipes.

Full steam ahead!

Broccoli soup

serves 2

Ingredients:
200g broccoli, cut into florets
50g leek (around 10cm) chopped
100ml+250ml vegetable stock
Salt, pepper, thyme
For serving:
Horseradish sauce and shredded smoked ham

Preparation:

1. Cook the broccoli and leek on the Steam program, adding 100ml of vegetable stock for 250g vegetables.
2. Blend the vegetables in a food processor together with the stock used for steaming the vegetables. Add the remaining 250ml stock and season to taste.
3. Pour the soup into serving bowls and heat for 2-3 minutes at 750W until hot.
4. Serve with a spoonful of horseradish sauce and shredded ham on top.

Nutritional value	Total recipe	Per portion (approx.)	Per 100g (approx.)
kJ	953	480	140
kcal	226	120	35
Protein(g)	16.9	8.5	2.5
Fat (g)	12.4	6	2
Carbohydrate (g)	12.3	6	2
Fibre (g)	8.3	4	1

Bratwurst casserole

serves 2

Ingredients:
500g, peeled weight, of mixed root vegetables and potatoes such as carrots, swedes, parsnips, potatoes and root celery
100 ml vegetable or meat stock
200-250g light bratwurst sausages with fat content 3%
Salt, pepper
Chopped parsley

Preparation:

1. Dice the vegetables and potatoes. Cook on the Steam program, adding 100 ml of stock for 500g potatoes/root vegetables.
2. Place the steamed vegetables into the stock in the bottom part of the steamer. Slice the sausages and add to the vegetables.
3. Cover and cook for 2-2 1/2 minutes at 750W.
4. Sprinkle the parsley on top.

Nutritional value	Total recipe	Per portion (approx.)	Per 100g (approx.)
kJ	2179	1100	260
kcal	520	260	60
Protein (g)	62.0	31	7.5
Fat (g)	9.1	4.5	1
Carbohydrate (g)	46.3	23	5.5
Fibre (g)	14.2	7	1.5

Fish roulades with lemon sauce

serves 4

Ingredients:
500g fillets of plaice
1 teaspoon lemon juice (5ml)
100ml fish stock
Sauce:
1 teaspoon grated lemon rind (5ml)
100ml crème fraiche with fat content 15%
Salt, pepper
Garnish:
20-25 prawns, bunch of dill

Preparation:

1. Roll up the fish fillets and cook them on the Steam program, adding 100ml of fish stock and the lemon juice for 500g of fish fillets.
2. Remove the steam grid with the fish and let stand under cover while preparing the sauce.
3. Add the crème fraiche and lemon rind to the fish stock in the bottom part of the steamer and whisk well. Cook uncovered for 3 minutes at 750W, whisking half way through cooking. Season with salt and pepper.
4. Place the cooked fish fillets on top of the sauce, heat for 1-2 minutes at 750W and garnish with prawns and dill.

Nutritional value	Total recipe	Per portion (approx.)	Per 100g (approx.)
kJ	3048	750	360
kcal	726	180	85
Protein (g)	116.6	29	13
Fat (g)	23.8	6	3
Carbohydrate (g)	10.7	3	1
Fibre (g)	0.7	< 0.5	< 0.5

Marinated salmon

serves 3-4

Ingredients:
400g salmon fillets, about 1cm thick slices without skin
Marinade:
50 ml lemon juice
50 ml water
50 ml olive oil
1 garlic clove, small
1/2 teaspoon salt (2.5ml)
Pepper
75 ml chopped fresh herbs such as parsley, dill and chives
For garnish:
Lettuce, canned artichoke bottoms, roe
Sauce:
200-300 ml sour cream or crème fraiche with fat content 12-15%
100 ml chopped chives
Pinch of cayenne pepper
1/2 teaspoon salt (2.5ml)

Preparation:

1. Cook the salmon on the Steam program, adding 100ml water for 400g of fish fillets. Next pour away the water and place the salmon fillets in the bottom part of the steamer.
2. Mix together all the ingredients for the marinade and pour the marinade over the warm fish. Cover and let it marinate for at least 4 hours or over night.
3. Mix together all the ingredients for the sauce and let it stand in the refrigerator.
4. When serving, prepare a bed of lettuce on the serving plate. Place the salmon fillets around the edge of the plate with the artichoke bottoms stuffed with roe in the centre. Serve with the sauce.

Nutritional value	Total recipe	Per portion (approx.)	Per 100g (approx.)
kJ	7992	2000	700
kcal	1911	480	170
Protein (g)	111.7	28	10
Fat (g)	150.1	37	13
Carbohydrate (g)	31.8	8	3
Fibre (g)	2.8	1	< 0.5

Tzatziki with peas

serves 4

Ingredients:
200g frozen peas
1 avocado, chopped
200ml thick yoghurt with fat content 8%
1 crushed garlic clove
Juice from half a lime
1/2 teaspoon salt (2.5ml)
White pepper
Lettuce

Preparation:

1. Cook the peas on the Steam program, adding 100ml water for 200g of frozen vegetables.

2. Rinse the peas immediately under cold water and drain.

3. Mix the peas with the remaining ingredients and let stand to allow the flavours to mingle. Serve on a bed of lettuce.

Nutritional value	Total recipe	Per portion (approx.)	Per 100g (approx.)
kJ	2316	600	300
kcal	555	140	70
Protein (g)	21.2	5.5	2.5
Fat (g)	35.4	9	4.5
Carbohydrate (g)	37.7	9.5	5
Fibre (g)	19.1	5	2.5

Warm Potato salad with goats cheese

serves 3-4

Ingredients:
700-750g small, evenly sized potatoes, with skin or 500g peeled
75g goats cheese
Rocket
8 - 10 cherry tomatoes, halved
Chopped basil leaves to garnish
Dressing:
4 tablespoons olive oil (60ml)
1 tablespoon balsamic vinegar (15ml)
1 teaspoon Dijon mustard (5ml)
2 tablespoons water (30ml)
2 tablespoons (30ml) chopped fresh herbs such as basil or tarragon
2 spice spoons of salt (2ml)
White or black pepper

Preparation:

1. Peel the potatoes if preferred and cook on the Steam program, adding 100ml water for 500g of potatoes/root vegetables.
2. In the meantime mix together all the ingredients for the dressing.
3. Let the steam off and cut the potatoes into smaller pieces if so desired. Mix them together with the chopped goats cheese and the dressing.
4. Serve the potato salad on a bed of rocket leaves and garnish with tomatoes and basil.

Nutritional value	Total recipe	Per portion based on 4 servings (approx.)	Per 100g (approx.)
kJ	5136	1300	550
kcal	1226	310	130
Protein (g)	23.9	6	2.5
Fat (g)	79.6	20	8.5
Carbohydrate (g)	105	23	11
Fibre (g)	8.6	2.5	1

Carrots with gremolata

serves 4

Ingredients:
500g unpeeled carrots or 400g peeled carrots, chopped
2 tablespoons chopped parsley (30ml)
1 tablespoon chopped lemon rind (15ml)
1 small garlic clove, chopped
1 teaspoon olive oil (5ml)
(Salt)

Preparation:

1. Cook the carrots on the Steam program, adding 100ml water for 400g Potatoes/Root vegetables.
2. Mix together the chopped parsley, lemon rind and garlic for the gremolata.
3. Place the carrots in a serving dish, drizzle with oil, season if desired with salt and garnish with the gremolata.

Nutritional value	Total recipe	Per portion (approx.)	Per 100g (approx.)
kJ	1449	360	280
kcal	347	85	60
Protein (g)	3.5	1	1
Fat (g)	16.1	4	3
Carbohydrate (g)	46.3	12	8.5
Fibre (g)	12.7	3	2.5

Cauliflower Polonaise

serves 4

Ingredients:
500g cauliflower in rather large florets
Topping:
3 eggs
40g butter or margarine
3 tablespoons chopped parsley (45ml)
3 tablespoons fresh bread crumbs (45ml)
Salt, pepper

Preparation:

1. Boil the eggs on the cooktop until hard-boiled. Rinse in cold water, shell and chop them.
2. Cook the cauliflower on the Steam program, adding 100ml water for 500g of vegetables. Let the cauliflower stand, covered, while preparing the topping.
3. Place the butter in a microwave safe bowl, cover and melt at 500W for 1 minute.
4. Add the parsley, chopped eggs and breadcrumbs. Heat uncovered at 500W for a further 2 minutes. Season to taste with salt and pepper.
5. Place the cauliflower on a serving dish and sprinkle the topping over the cauliflower.

Garnish with tomatoes and serve together with sausages, bacon, smoked ham or similar fare.

Nutritional value	Total recipe	Per portion (approx.)	Per 100g (approx.)
kJ	2955	700	400
kcal	704	170	95
Protein (g)	29.4	7.5	4
Fat (g)	50.5	13	7
Carbohydrate (g)	34.8	9	5
Fibre (g)	13.0	3.5	2

Vegetable pickles

Ingredients:
500g frozen mixed vegetables such as cauliflower, carrots and green beans
Dressing:
2-3 tablespoons mustard (30-45ml)
2 tablespoons white vinegar (30ml)
3 tablespoons olive oil (45ml)
1 tablespoon water (15ml)
2 spice spoons of salt (2ml)
Pepper

Preparation:

1. Cook the vegetables on the Steam program, adding 100ml of water for 500g of frozen vegetables.
2. In the meantime mix together all the ingredients for the dressing.
3. Drain the vegetables and place them in a bowl. Pour the dressing over the warm vegetables and let stand to absorb the dressing. Stir a couple of times while the vegetables are cooling.

Serve the vegetable pickles with a slice of meat paté.

Nutritional value	Total recipe	Per 100 g (approx.)
kJ	2620	300
kcal	625	70
Protein (g)	9.5	1.5
Fat (g)	48.9	7.5
Carbohydrate (g)	38.1	6
Fibre (g)	15.3	2.5

Root celery salad (Céleri remoulade)

serves 4

Ingredients:
200g root celery, peeled weight
Lemon juice
Dressing:
2 tablespoons light mayonnaise (30ml)
4 tablespoons crème fraiche with fat content 15% (60ml)
1 tablespoon Dijon mustard (15ml)
1 spice spoon of salt (1ml)
White pepper
Garnish:
Chopped walnuts

Preparation:

1. Shred the celery and add a few drops of lemon juice. Cook on the Steam program, adding 100ml of water for 200g potatoes/root vegetables.
2. Rinse the celery immediately under cold water and drain.
3. Mix together all the ingredients for the dressing and add the cold celery to the dressing. Season to taste.
4. Sprinkle the walnuts on top.

Serve the salad as a vegetarian dish or together with smoked turkey in thin slices.

Nutritional value	Total recipe	Per portion (approx.)	Per 100g (approx.)
kJ	2220	550	600
kcal	530	130	140
Protein (g)	10.5	2.5	3
Fat (g)	42.7	11	11
Carbohydrate (g)	27.2	7	7.5
Fibre (g)	7.9	2	2

Notes